



# maryland's Apple Crisp

Maryland is positively loaded with orchards—and there's no better fall outing than a sunny day of picking your own crisp, juicy apples. Over a dozen varieties grow here, from mellow, yellow Golden Delicious and classic red McIntosh to snackingly sweet Gala and bracingly tart Jonathan. Pick lots: they make perfect lunchbox treats, and you can bake up any extras into this crunchy-topped dessert.



- WASH your hands with soap and water and dry them.
- CLEAN the counter top with a sponge.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

#### KITCHEN GEAR

Cutting board Sharp knife (adult needed)

Measuring cup
Measuring
spoons
Mixing bowl
8- x 8-inch
baking pan
Mixing spoon
Metal spatula
Potholder

means to cut out the seeds and hard parts

from the inside.

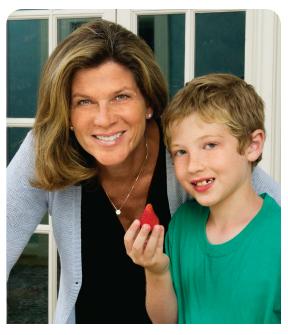
#### **INGREDIENTS**

### For the fruit filling:

- 5-6 apples, washed, peeled, if you want, cored, and chopped
- 1 tablespoon maple
- syrup, honey or sugar 1 tablespoon whole-wheat or all-purpose flour
- ½ teaspoon ground cinnamon

#### For the crisp topping:

- 3/4 cup whole-wheat or all-purpose flour
- 3/4 cup rolled oats
- √3 cup unsalted butter, melted
- 3 tablespoons sugar
- 1/4 teaspoon salt



Dear Friends,

There is nothing like enjoying the value of the work it takes to make something yourself, and the joy of tasting something delicious that you've made together as a family.

As a mother of four, I know how important it is to have healthy meals with my family. Martin and I have a garden at home and we encourage Maryland families to improve their well-being, save money, and protect our environment by making healthy choices.

We hope you enjoy ChopChop Maryland.

Katie O'Malley, First Lady of Maryland

#### **INSTRUCTIONS**

- 1. With the help of your adult, turn the oven on and set it to 350 degrees.
- 2. To make the filling: Put the apples, sweetener, flour and cinnamon in the baking pan and stir well.
- 3. To make the crisp topping: Put the flour, oats, butter, sugar and salt in the mixing bowl and mix until it looks like little pebbles. Pour the crisp topping on the apples and use your clean hands to move it around until the apples are evenly topped.
- 4. With the help of your adult, put the baking pan in the oven and bake until the top is lightly browned and the apples are tender, about 1 hour.
- Set aside to cool a little bit. Serve warm or at room temperature or refrigerate and serve cold.

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# "HOW DO YOU LIKE THEM APPLES?"

# **KNOW YOUR APPLES**

A medium-sized apple is:

- Fat-free.
- · Salt-free.
- · Cholesterol-free, and that's good for your heart.
- An excellent source of fiber, and that's good for your digestion.
- Easy to carry with you for a snack.



#### **RED ROME** Firm and slightly tart. Excellent for baking and all cooking purposes. A great keeping apple.



**JONAGOLD** Orange-tinted, tangy-sweet and juicy. Superb eating, cooking and pie-making.



**RED DELICIOUS** Bright red, sometimes striped and heart-shaped. Eat plain, or add to salads.



**GOLDEN DELICIOUS** Yellow, mellow and sweet. Great for munching. baking and salads.



**McINTOSH** Bright red and pale green. Juicy and slightly tart. Great for eating fresh and baking.

# BY THE **NUMBERS:**

There are over 7000 varieties of apples.

Apples are grown in all 50 states.

The largest apple ever picked weighed 3 pounds.

It takes about 36 apples to produce one gallon of cider.

Apples are related to roses. They are members of the same plant family.

Did You Know?

The science of growing apples is called Pomology. Cut an apple in half crosswise, and you'll see its seed cases (called "carpels") arranged in a 5-pointed star.







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THE EXPRESSION "AN APPLE A DAY **KEEPS THE DOCTOR AWAY** 

IS BASED ON THE FACT THAT APPLES ARE SO GOOD FOR YOU!